

# Café Botánica

## Summer 2019

<b>Mesquite Sonoran Babies</b>	\$14.50	<b>Sonoran Salad</b>	\$15.50
<i>Our take on the traditional Dutch Babies. Served with prickly pear syrup &amp; fresh fruit</i>		<i>Seasonal Vegetables ~grilled, pickled &amp; fresh~ tossed with house vinaigrette on a bed of Merchant Garden Greens, topped with Queso Fresco. Served with a house-made roll</i>	
<b>Famous Gallery Granola</b>	\$12.75	<b>Hummus Board</b>	\$16
<i>Garnished with seasonal fresh fruits &amp; organic vanilla yogurt</i>		<i>Fresh Hummus made from Father Kino's heritage chick peas served with escabeche, crispy corn tortilla strips &amp; a small Sonoran salad</i>	
<b>Breakfast Sopes</b>	\$14.75	<b>Bowl of Soup</b>	\$9
<i>Fluffy native corn sopes filled with roasted seasonal vegetables, organic poached eggs &amp; crema served with salsa trio</i>		<b>...Ever Evolving</b>	
<b>Farmers' Market Quiche</b>	\$15	<i>A bowl of our current selection with house-made roll</i>	
<i>Creamy quiche with a changing array of seasonal vegetables on a Hayden Mills corn crust served with breakfast salad</i>		<b>Corn Pudding</b>	\$15
<b>Breakfast Sides</b>		<i>Our new favorite from <u>Frida Kablo's</u> <u>Fiestas</u> —rich fresh corn pudding with rajas &amp; tomatillo crema served with a side salad</i>	
Bacon	\$6	<b>Café Botánica Hamburger</b>	\$17
House-made currant & cardamom scone	\$4.50	<i>Simply the best burger from Double Check Ranch beef served on a house-made bun with local lettuce, ripe tomato, fresh onion wheels &amp; farmer's market pickle. Served with baked sweet potato fries.</i>	
<i>Served with unsalted butter</i>		<i>Choose your toppings:</i>	
Limequat marmalade	\$5.50	Roasted Poblanos	
Fresh fruit salad	\$6	Seared onions	
Organic vanilla yogurt	\$3	Queso fresco	
<b>Sweets</b>		Bacon (add \$3)	
Desserts from our Bakery	MP	<i>Choose your Sauces:</i>	
Botanica Paletas	\$3.75	Ketchup	
<i>hand-made artisan popsicles</i>		Coarse ground mustard	
<b>Beverages</b>		Aioli	
Fresh iced herbal tea	\$3.25	<b>Sides</b>	
Traditional Mexican jamaica	\$3.25	Escabeche	\$3.50
Prickly pear iced black tea	\$3.25	<i>a traditional pickle with jalapeño, carrot &amp; onion</i>	
<i>Our Sonoran stand-by from Cheri's Desert Harvest</i>		Crispy Corn Tortilla Strips	\$3.75
House-made ade	\$4.75	<i>served with Salsa Trio</i>	
<i>A seasonal mix of citrus, herbs &amp; fruits</i>		Tepary Beans	\$4.50
Locally roasted fair-trade	\$3.50	<i>Native beans with caramelized onion &amp; cumin</i>	
<i>organic coffee and decaf</i>		Small side salad	\$5
Numi Hot Teas	\$3.50	Cup of soup	\$5
Lime Perrier or Izzze Juice Sparklers	\$3.25	Large side salad	\$9
		House-made dinner roll	\$1.50
		Baked Sweet Potato Fries	\$5
<b>NOTE: Allergies and Special Diets</b>			
<i>Please let us know! We use fresh ingredients and make most every- thing from scratch. There are no "hidden" ingredients. Most of our dishes are gluten-free and free of processed foods. Many of our dishes can be made vegan or vegetarian. Our servers will be happy to answer any questions.</i>			



Opening Day  
October 10, 2013

## Who we are and what we're up to...

### Gallery of Food

*We are a locally owned catering company. We've been serving up some great, hand-made food for hmm... quite some time now. Recipes from our imagination, fresh produce, committed chefs, and un-adulterated food have always been our hallmark.*

*Well... Café Botánica is our experiment. After two decades of catering, watching the local farming scene blossom, tapping into it peripherally as budget and client would allow, we are diving in with commitment to sustainable, local, frugal and most importantly pleasurable dining. We will glean a bit from the Botanical Garden, support local farmers, focus on ethical sustainable farming methods, and bring a sense of fun and art to our food.*

*We are inspired by the culinary traditions of the Sonoran desert and the high-desert of Northern New Mexico, the abundant food that is indigenous to the surrounding area, and the tenacity of the many farmers who are trying to make a difference in the community and the quality of our local food. We add a touch of rebelliousness, a few stray ideas, and come up with what we hope will be a great lunch.*

*Thanks for coming!*

## Where our food comes from...

### Produce and Other tasty treats

*Pivot Produce brings us the best selections from local and regional farms.*

*Merchant's Garden brings us greens & tilapia from their aquaponic farm*

*Tucson Village Farm lets us pick leftovers!*

*Native Seed Search brings us some dried chiles and native specialties*

*Many items from the grounds of the Tucson Botanical Garden Neighbors and Friends (please let us know if you have a bounty of garden vegetables or fruits, and we would love to purchase them)*

*Cheri's Desert Harvest brings us everything prickly pear*

### Meat

*Double Check Ranch Beef*

*Josh's Willcox Chicken, Lamb and Lard*

### Flour, Dried Corn and Grains

*Hayden Mills flours and flint corn*

*Ramona Farms all our native beans and corn as well as some heritage beans from the 15th century*

### Food from afar

*Arbuckles locally roasts our organic fair-trade coffees and provides some of our teas*

*Mama Ganache provides our organic fair-trade chocolates*

*Seka Hills provides our fruity & delicious olive oil*

*Redmond Real Salt provides our mineral salt*

*Frontier supplies our organic herbs and spices*

*We sweeten our foods with organic fair-trade sugar, raw organic agave syrup and a splash of maple syrup here and there*

### Disclaimers and Philosophy

*We've all heard these disclaimers before. Their story is required to be told. We hope you share our belief that buying food direct from farmers and paying them fair wages to grow organically and sustainably helps mitigate the potential for problems. We hope by hearing these stories, you do not become afraid of your food. Dig in, relish the freshness and love that we have put on your plate, but know that nothing is beyond risk.*

*If we cook your food beyond the bounds of culinary etiquette, you will not have to worry about those pesky food-borne illnesses, but you will also forfeit texture, flavors, enzymes, nutrients and juiciness. You will also kill the soul of the chef.*

*We do our best, but there is risk if you eat foods that are lightly cooked or raw. Seafood, eggs, dairy and meat are particularly prone to cause sickness. So is going out to play in the cold without your jacket. So is kissing. But we know that those things are precious and life giving, so we do them joyfully and without fear. Enjoy our food with the same abandon. Bon Appétit*